

Learning objective and success criteria	Before the lesson
<ul style="list-style-type: none"> <li>• To understand safe and unsafe touches</li> <li>• I understand the PANTS rule</li> <li>• I can name someone I can talk to if I am worried about something</li> </ul>	<p><b>Note. This lesson is based on the NSPCC PANTS lesson plan. You may wish to do additional activities in this lesson, such as children designing their own pants.</b></p> <p>Have ready</p> <ul style="list-style-type: none"> <li>• Link: NSPCC website: ‘NSPCC PANTS presentation’ (third subheading under ‘Teaching resources’)</li> <li>• Link: NSPCC video: ‘Pantosaurus’</li> </ul>
Attention grabber	
<p>Reshow the NSPCC video: ‘Pantosaurus’.</p> <p>Recap the correct names for the private parts of the body.</p> <p><b>Key questions</b></p> <ul style="list-style-type: none"> <li>• What is the PANTS rule?</li> <li>• <b>What are the private parts of my body called?</b></li> </ul>	
Main event	
<p>Use the ‘NSPCC PANTS presentation’ to explain the PANTS rule to the children. Look at each part of it to make sure children are clear.</p> <p>Once children understand the PANTS rule move on to discuss safe and unsafe touches. You may want to remind them about things they have already learnt about appropriate physical contact. Talk about the touches which we like cuddles, kisses from people we love and trust.</p> <p>Explain that sometimes someone might have to touch us in a way we don’t like but it might be for a good reason. For example, if they have fallen and hurt their knee over someone will have to clean it up and put on a plaster. This can hurt but we know it is for the best. Talk about other examples and explain what the adult doing that might say e.g. “I know this might hurt but we need to get your knee clean”.</p> <p>Move on to remind children about secrets and surprises. Can they remember the difference? Explain that if anyone touches them or does something they don’t like and says to keep it a secret they shouldn’t, they should tell someone they trust. This applies to any part of their body but especially their private parts.</p> <p>Remind children that all of their body belongs to them and they can say no if they don’t want someone to touch them,</p> <p><b>Key questions</b></p> <ul style="list-style-type: none"> <li>• What is a safe touch?</li> <li>• What might be an unsafe touch?</li> </ul>	
Wrapping up	

Show the NSPCC video: 'Pantosaurus' to reinforce the PANTS message. Stress again that if children are ever worried they must talk to an adult they trust and keep telling if they need to.

**Key questions**

- What is the PANTS rule?

**Glossary**

- Surprise
- Safe touch
- Unsafe touch
- PANTS rule
- Private
- Vulva
- Penis
- Testicles
- Secret

**Assessing pupils' understanding and progress**

**Pupils with secure understanding indicated by:** Being able to explain the PANTS rule.

**Pupils working at greater depth indicated by:** Explaining the difference between safe and unsafe touches.

**Next steps**

**Pupils needing extra support:** This lesson might need to be delivered in a small group to ensure children with additional needs understand.

**Pupils working at greater depth:** Design posters to show the PANTS rule.